



Physical activity ideas

Healthy
Under 5s

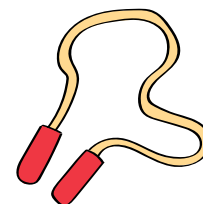


Healthy Cornwall

Basset Centre, Basset Road
Camborne TR14 8SL

✉ healthyunder5s@cornwall.gov.uk
🌐 www.healthycornwall.org.uk

Activity ideas



Aim for at least 3 hours throughout the day:

- Every movement counts just try to make it fun!
- Try to choose activities from all different sections
- Try to avoid time spent still as much as possible

Cardiovascular	Strength	Flexibility and Balance	Motor skills
Dancing - To music, stories, rhymes and songs.	Tummy time - Pulling, pushing, grasping and playing.	Mother and baby yoga	Throwing and catching
Cycling or scootering	Crawling through tunnels	Toddler Yoga - Reaching high and touching toes.	Gardening - Digging, shovelling, raking.
Running or walking - Try marching or tiptoeing.	Climbing	Balancing games - Travel and stop, dancing, standing on one leg.	Bat and ball games
Skipping	Jumping or hopping - Star jumps, hopscotch, rope skipping.	Gymnastics	Object play - Building, carrying, pushing rolling.
Swimming	Wheel barrow races	Balancing activities - Balance boards and walking along beams.	Messy play - Mud kitchen, sand pit, water activities.
Soft play	Carrying weighted objects - Buckets of water or sand.		

Top Tips

- Get outdoors as much as possible as children are more active outside.
- Keep a box of fun equipment in the car for wherever you go.
- On walks, play chasing games or collect twigs, leaves or pebbles to make it fun.
- If its wet outside, dress up in the right clothing and go out and splash.
- Play active games like hide and seek or Simon says.
- Bubbles are great to run and jump about trying to pop.
- Make dens with blankets, chairs and pegs .
- Dress up and play act in costumes.
- Make an obstacle course.
- Meet up with friends as children are more active with play mates.